

**CLAIMS**

1. A topical lotion for relieving pain, swelling or inflammation comprising:

the active ingredient consisting of oatstraw extract, said oatstraw extract prepared by steeping oatstraw in water; and

water,

characterized in that the oatstraw extract is prepared by steeping oatstraw in water].

2. The topical lotion according to claim 1 wherein the water is filtered and magnetized water.

3. The topical lotion according to claim 2 including glycerine.

4. The topical lotion according to claim 3 including lavender oil.

5. The topical lotion according to claim 4 wherein the glycerine is vegetable glycerine.

6. The topical lotion according to claim 4 wherein the topical lotion consists essentially of:

at least 50% oatstraw extract;

at least 25% glycerine; and

0.1-0.2% lavender oil,

the sum of these three components being 100%.

7. The topical lotion according to claim 5 wherein the topical lotion consists essentially of:

0.1% lavender oil;

25% vegetable glycerine; and

q.s. to 100% filtered oatstraw extract in filtered and magnetized water.

8. A method of treating pain, swelling, itching or inflammation comprising:

providing a topical lotion the lotion consisting essentially of:

at least 50% oatstraw extract;

at least 25% glycerine; and

0.1-0.2% lavender oil,

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the sum of these three components being 100%; and  
applying the lotion [topologically] topically to inflamed, painful or  
swollen areas.

9. The method according to claim 8 wherein the pain, swelling, itching or inflammation is caused by a condition selected from one of the following: psoriasis; [leprosy]; skin poisoning from plants, shingles; measles; chicken pox; boils; [cold sores; colds and flu; sinus congestion;] sun damage; burns; sunburns; [menstrual bloating; menstrual cramps; foot pain;] acne; eczema; rosacea; dermatitis; insect bites; [parasitic infections;] herniated discs; back and/or leg spasms; sore or damaged muscles, ligaments and tendons; bruising; [varicose veins; fibromyalgia; multiple sclerosis; cancer treatments; internal organ injuries; brain and nerve surgery;] headaches; and arthritis.

10. A method of preventing hair loss comprising:  
providing a topical lotion the lotion consisting essentially of:  
at least 50% oatstraw extract;  
at least 25% glycerine; and  
0.1-0.2% lavender oil,  
the sum of these three components being 100%; and  
applying the topical lotion to the scalp of an individual[, thereby  
stopping hair loss].

11. The method according to claim 10 wherein the hair loss is  
caused by psoriasis.

17. An [laundry] additive comprising:  
a mixture consisting essentially of:  
at least 50% oatstraw extract;  
at least 25% glycerine; and  
0.1-0.2% lavender oil,  
the sum of these three components being 100%; and  
a suitable carrier.

18. A hair or body product comprising:  
a mixture consisting essentially of:  
at least 50% oatstraw extract;

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at least 25% glycerine; and  
0.1-0.2% lavender oil,  
the sum of these three components being 100%; and  
a suitable carrier.

19. The body or hair product according to claim 18 selected from the group consisting of: body washes; shaving creams; shaving gels; shaving lotions; shampoos; conditioners; body lotions; moisturizing lotions; facial and wrinkle lotions; hand lotions; body creams; hand creams; facial creams; after-shave lotions; skin cleansing preparations; make-up removers; personal deodorants; suntan oil preparations; sunscreen preparations; sun block preparations; lip balms; aromatherapy products; massage gels; foot lotions; facial masques; pimple/acne preparations; facial and body firmers; pore size reducing preparations; styling lotions; and styling sprays.

20. A process for preparing a topical lotion comprising:  
providing a quantity of oatstraw;  
providing heated water;  
placing the oatstraw in the heated water;  
steeping the oatstraw in the heated water; thereby producing an oatstraw mixture;  
filtering the oatstraw mixture, thereby producing an oatstraw extract;  
and  
mixing the oatstraw extract with glycerine and lavender oil, thereby producing a topical lotion.

21. The process according to claim 20 wherein the heated water is filtered and magnetized water.

22. The process according to claim 21 wherein the topical lotion consists essentially of:

at least 50% oatstraw extract;  
at least 25% glycerine; and  
0.1-0.2% lavender oil,  
the sum of these three components being 100%.

— 23. A method of inducing a deeper sleep in an individual

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comprising:

providing a topical lotion consisting essentially of:

at least 50% oatstraw extract;

at least 25% glycerine; and

0.1-0.2% lavender oil,

the sum of these three components being 100%; and

applying the lotion topically to the soles of the feet of the individual.

24. The method according to claim 8 wherein the pain, swelling, itching or inflammation is caused by a condition selected from one of the following: leprosy; cold sores; colds and flu; sinus congestion; menstrual bloating; menstrual cramps; foot pain; parasitic infections; varicose veins; fibromyalgia; multiple sclerosis; cancer treatments; internal organ injuries; and brain and nerve surgery.—